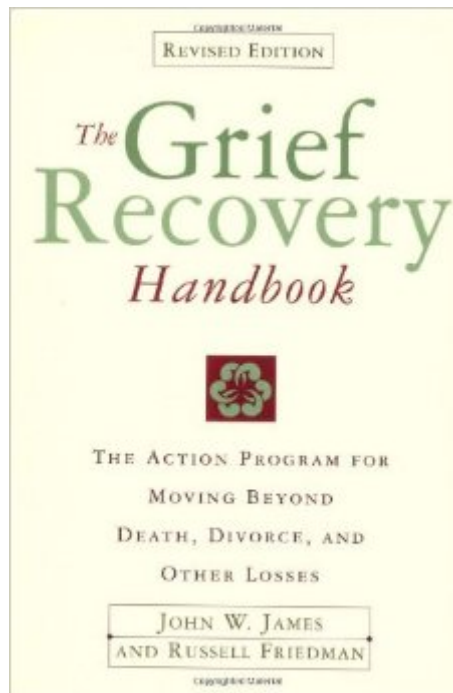


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# The Grief Recovery Handbook : The Action Program For Moving Beyond Death Divorce, And Other Losses



## Synopsis

This is a used book in excellent condition! The binding is tight, the pages are free from markings. There is some writing in front cover from original gift giver. Incomplete recovery from grief can have a lifelong negative effect on your capacity for happiness. Drawing from their own histories, as well as from others, the authors illustrate what grief is and how it is possible to recover and regain energy and spontaneity. Based on a proven program, now extensively revised, The Grief Recovery Handbook offers grievers the specific actions needed to complete the grieving process and accept loss. For those ready to regain a sense of aliveness, the principles outlined here make this a life-changing handbook.

## Book Information

Paperback: 173 pages

Publisher: Harper Paperbacks; 2 Revised edition (June 23, 1998)

Language: English

ISBN-10: 0060952733

ISBN-13: 978-0060952730

Product Dimensions: 5.3 x 0.4 x 8 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (75 customer reviews)

Best Sellers Rank: #177,712 in Books (See Top 100 in Books) #276 in [Books > Parenting & Relationships > Family Relationships > Divorce](#) #338 in [Books > Self-Help > Death & Grief > Grief & Bereavement](#) #371 in [Books > Self-Help > Relationships > Love & Loss](#)

## Customer Reviews

Grief is a terrible and unpleasant situation to work through. This book gives a lot of information and background, in addition to the "workbook" techniques that allows the reader to actually work through the grief process and finally let it go. I was surprised to find, when I purchased this book after the recent death of a loved one, that another loss, another death, came to mind most often when reading the book. In working through the workbook techniques, I have been able to release the death of my recently lost loved one, as well as several other losses (and not all of them death - some are loss of jobs, of relationships, which also involve grief). I remain impressed about the wealth of information in this book and how helpful it is for any kind of loss. If I could wave my "magic wand", I would have everyone read this book and work the "workbook" part, so that we all can be better at dealing with grief in our lives, as well as helping others who are going through a grief

process. I know for myself if I had been better supported through at least two other grief moments in my life the recent death of my loved one would have been much easier to go through (and the other grief moments themselves easier to go through as well). I highly recommend this book to anyone going through any kind of grief, whether it be death, divorce, a relationship breakup, a move, a job layoff/ firing/ quitting or anything that causes unhappiness, sadness, or heartache no matter how "significant" or "insignificant" society tells us that incident should be.

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Book 4)  
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